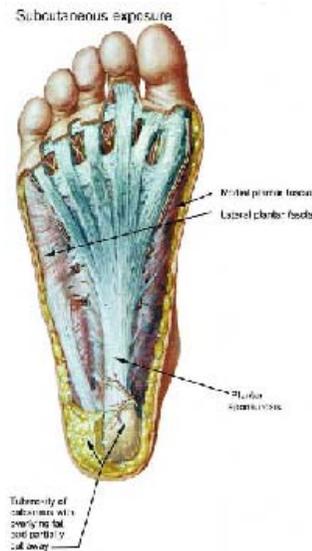


head to foot orthotics

## Plantar fasciitis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

### What is Plantar fasciitis (Plant-ar-fashee-eye-tiss)

Plantar fasciitis is an inflammation of the tough band of tissue that connects your heel bone to the base of your toes. It is where this 'band' connects to your heel bone (see front cover) that there can be stretching, micro tearing and inflammation of this tissue.

- Plantar means underside (of your foot).
- Fascia is the tough tissue.
- -itis means *inflamed*.

Sometimes when the condition has continued for an extended time bone grows along the plantar fascia at the insertion to the heel bone and forms a 'spur.'

### How do you know you have it?

You may have:

- Pain under the heel, which is worse when you stand or walk.
- Pain that is worse in the morning initially, or after a long day on your feet.
- Pain that is sharp, like you've just stood on a sharp stone.

## Risk Factors

- Being overweight or carrying heavy weights.
- A job in which you stand for long periods on hard surfaces.
- Regular running/walking for exercise.
- Tight calf muscles.
- Flat feet or feet with high arches.

## Treatment: It's up to you!

Initially, resting and taking the weight off your feet regularly and when the pain is worse will help.

A combination of orthotic therapy and physical therapy usually helps to relieve symptoms and heal the condition.

Supporting the arch with foot orthoses, prevents the arch from collapsing and controls ankle/foot movements. This reduces the stretch on the plantar fascia. Soft material at the heel also reduces damaging forces when walking and jogging.

Additionally, stretching the calf muscles can reduce damaging stresses that contribute to plantar fasciitis (see fig.1-below). The temptation will be to reduce the time spent doing this, but maintaining this treatment is essential to relief of this foot pain.

You can also freeze a plastic bottle of water and *roll* it under your foot to help reduce the inflammation, massage the plantar fascia and soothe the pain. Alternatively direct icing onto the area will do.

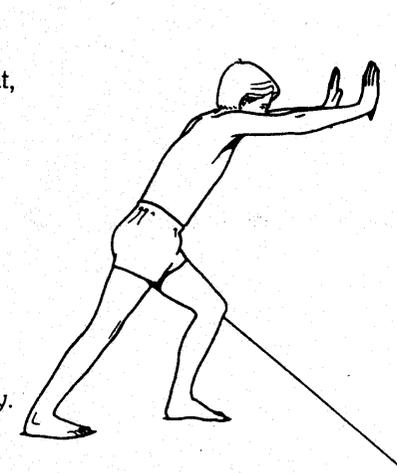
Losing weight, if you are over your recommended healthy weight, will decrease loading through your feet and take tension off your plantar fascia.

## Fig 1 : Stretching Exercises

### ANKLE/FOOT - 14 Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

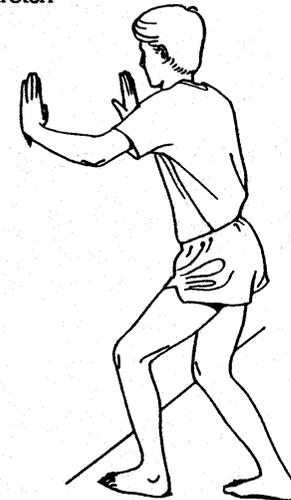


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### ANKLE/FOOT - 13 Soleus Stretch

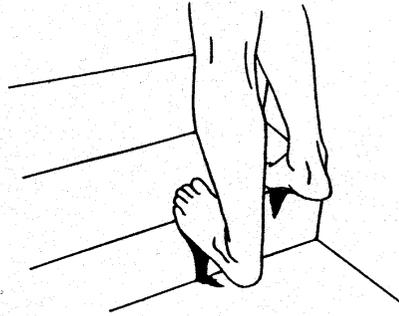
Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



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**ANKLE/FOOT - 12 Plantar Fascia Stretch**



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.  
Hold \_\_\_\_\_ seconds. Relax. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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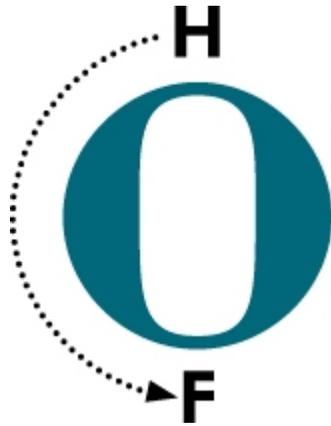
**Foot Orthoses**

If the insertion of the plantar fascia to the heel bone is inflamed usually this 'tough band of tissue' is being stretched at this point and is tight.  
Foot Orthoses (see Fig.2 below) support the bones of the foot and help re-align the foot/ankle thereby helping to remove the tension from the plantar fascia and relieving the pain caused by this stretching.

**Fig 2: Foot Orthosis.**



**Individual client notes**

head to foot orthotics

Further Details

Please contact if you have questions or require an appointment.



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